

**SERVES 6**

**Marilynn Small, Dietitian**

*Vegetarian chili is a great meal planner today as most people are trying to reduce their intake of fat and increase dietary fiber. If desired, garnish with chopped green or red onion and a dollop of light sour cream.*

**TIPS**

Substitute 1 cup (250 mL) dried beans, soaked, cooked and drained, for the canned beans, if desired.

If you have a slow cooker, use it to prepare dried beans for use in this recipe. Soak the beans, either overnight or using the quick-soak method. In a slow cooker, combine 1 cup (250 mL) soaked beans, drained, and 3 cups (750 mL) water. Cover and cook on Low setting for 8 to 10 hours. For convenience, cook the beans overnight, drain and refrigerate until ready to use.

**DIETITIAN'S MESSAGE**

Although a rich source of vegetable protein, beans do not contain the full range of essential amino acids to be classified as a «complete» protein. Strict vegetarians must ensure they eat adequate amounts of grains and cereals, seeds and nuts and, if appropriate, dairy products and eggs, in addition to legumes.

# Crowd-Pleasing Vegetarian Chili

1 tbsp	vegetable oil	15 mL
1	onion, chopped	1
1	red bell pepper, chopped	1
2	cloves garlic, minced	2
1	stalk celery, chopped	1
1 to 2 tbsp	chili powder	15 to 25 mL
2 tsp	ground cumin	10 mL
1	can (28 oz/796 mL) tomatoes	1
1	can (14 oz/398 mL) black or red kidney beans, drained and rinsed	1
1	can (12 oz/355 mL) corn kernels, drained	1
1 cup	bran cereal	250 mL
3 cups	cooked rice	750 mL
1/2 cup	shredded Cheddar cheese	125 mL

1. In a large saucepan, heat oil over medium-high heat. Add onion, red pepper, garlic and celery; cook until vegetables are tender. Stir in chili powder and cumin; cook for 1 minute.
2. Add tomatoes, breaking up with spoon. Stir in beans, corn and cereal; bring to a boil. Reduce heat, cover and simmer for 5 minutes. Serve over rice, sprinkled with cheese.

**PER SERVING**

Calories : 366

Dietary Fiber: 10 g

Carbohydrate: 68 g

Fat: 7 g

Protein: 14 g